

RMLC

Rocky Mountain Lifting Club

1600 S. Abilene St., Aurora, CO 80012

303-337-4613

July 2009 Newsletter

2009 USA Powerlifting Men's Open, Teen and Junior National Championships



The Rocky Mountain Lifting Club hosted the 2009 USA Powerlifting Men's Open Teen and Junior National Championships the weekend of June 12-14th. We took first place in the Combined Team Category.

For Rocky Mountain Lifting Club lifter, Vasil Goucherov, it was a great day and a great way to make a name for himself in the Men's Nationals competition. It was Vasil's first time competing in the Men's Nationals, in which he took third place in the Open 110kg division amongst some great lifters who have competed in past years. Vasil lifted a total of 870kg, his best squat was 312.5kg, best bench was 227.5kg and his best deadlift was 330kg.



Brian Radulovich, who was also on the Rocky Mountain Lifting Club team, lifted a total of 850kg. Brian won first in his division, which earns him an automatic place at the Men's World Powerlifting Championships. His best squat was 337.5kg, best bench was 215kg, and his best deadlift was 297.5kg. Brian lifted in the 100kg weight class, also in the Open division.

Congratulations to both of these lifters, and also everyone who competed in the competition.

Powerlifting Events

2009 USAPL State Games of America

When: August 1st & 2nd

Where: US Air Force Academy, Colorado Springs

2009 American Open and Colorado State Championships

When: Dec 5-6, 2009

Where: Rocky Mountain Lifting Club



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2009 American Open Powerlifting Championships

The Rocky Mountain Lifting Club will be hosting the 2009 American Open Powerlifting Championships on December 4-6th. The Police/Fire and 2009 Colorado Powerlifting Championships will take place at the same time as well.

The American Open was created for the purposes of having an "every man/woman" National event, meaning you do not need a qualifying total in order to compete in this meet. The winner in each Open Weight class will qualify for the following Men's or Women's National Championships, regardless of if they hit the qualifying mark or not.

If you have been itching to do a National meet but have not qualified, make sure you compete in this event and improve your chances of finally getting there!

This event will be held at the Rocky Mountain Lifting Club. We have worked out room deals at the Holiday Inn Express & Suites that is directly next door to the gym. There are plenty of shops and food within walking distance or a very short drive away. The room blocks are available from the first to the ninth, so why not make an extended weekend and see all the wonderful sights Denver has to offer.

For more information about hotel arrangements, please visit our website at www.rmlccolorado.com and go under the events section.

Personal Trainers Wanted

Call RMLC at (303) 337-4613 or email us at rmlcco@yahoo.com if you are interested.

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Lifter Profile-Brian Radulovich

Brian Radulovich started lifting with sand weights when he was just in the 7th grade. He started getting serious about weight training in his sophomore year of high school, and primarily lifted to get bigger and stronger for football. He went from being 140 lbs his freshman year, to 210 by his junior year.

He competed in the 1992 Illinois State Powerlifting High School competition in the 198 class and took 3rd place with a squat of 460, bench at 225 and a deadlift at 490.

He didn't lift again until he was 25 years old in 1999 when he moved to Littleton. He joined 24 hour fitness and got hooked up with Gene Macias, Joe Wing, Robb Grisham, Ray and Roger Antilla and Russ Clark.

Now he primarily trains in Dumont, CO, at his home, and at the Rocky Mountain Lifting Club. His training regiment consists of a hybrid of Westside Barbell Club style training and some periodization. He trains four days a week, and does a combination of max effort and dynamic repetitions in all three lifts, alternating weeks between squat and deadlift.

Brian's best lifts are:

Squat-744 (at 2009 Men's Nationals)

Bench-473 (at 2009 Men's Nationals)

Deadlift-677 (at 2008 Deadlift Nationals)

Total-1,873 (at 2009 Men's Nationals)

